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Explore Me. The Great State of Maine Hiking & Cycling

Maine Department of Economic Development

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STATE PARKS

Many state parks offer special hiking trails. Baxter State Park has often been called a hiker's paradise. Here one may take a leisurely stroll at the base of Maine's highest peak, Mount Katahdin. Take one of the easier trails to the summit, or, if an expert mountaineer, reach the summit via the north wall - by use of ropes of course. Over 70 miles of well marked trails are available to hikers in Baxter State Park area. The following is a list of State Parks that have special hiking facilities.

Aroostook State Park, Presque Isle
Bradbury Mountain State Park, Pownal
Camden Hills State Park, Camden
Cobscook Bay State Park, Dennysville
Grafton Notch State Park, Grafton
Mt. Blue State Park, Weld
Quoddy Head, Lubec
Reid State Park, Georgetown
Sebago Lake State Park, Naples
Baxter Park Authority, Millinocket

Refer to Vacation Planner, "State Parks in Maine."

The Maine State Park and Recreation Commission also maintains Vaughan Woods at So. Berwick; although a Historic Site rather than a State Park, it has a beautiful trail for easy hiking. See Vacation Planner "Historic Sites in Maine."

THE APPALACHIAN TRAIL

To one who is interested in hiking or to one who wants to take a vacation in the wilds, no better opportunity in this country is offered than that section of the Appalachian Trail crossing Maine.

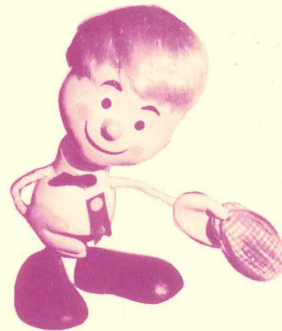
The Appalachian Trail extends for 2,000 miles from Katahdin, Maine's highest peak, to Springer Mountain in Georgia. From Mount Katahdin the trail crosses some of Maine's finest peaks through 280 miles of breath-taking beauty.

Throughout, the trail is most conspicuously indicated by an unbroken line of white paint blazes, which face the direction of travel. There are many side trails marked by blue blazes. As the insignia of the route, this marking is further supplemented by diamond shaped galvanized iron or square metal markers, which bear "A. T." monogram and the legend, "Appalachian Trail -- Maine to Georgia."

A unique feature of the Trail in Maine is that, although it leads through an utter wilderness, yet it is so located that comfortable accommodations may be found along the trail. Along the entire 280 miles there is a chain of lean-tos (log shelters open on one side) located at intervals of a day's journey.

CYCLING IN MAINE

Maine is a large state with a relatively small population which makes it an ideal vacation spot and is also the reason very few designated bicycle paths are found. Once off the "beaten path" the cyclist can find hundreds of miles of paved, uncongested roads winding through the beautiful Maine countryside. Gravel roads in the wilderness and old logging roads are wonderful for a day of cycling enjoyment. Many resort communities have bicycles for rent and local Chambers of Commerce are happy to assist in pointing out routes for the cycle enthusiast.



See
All
of
Me.

The Great State of Maine

THIS VACATION PLANNER

contains information and suggestions about hiking in the great state of Maine, especially about hiking on some of the fine mountain trails in the state. Also included is a list of the State Parks that have trails suitable for hiking.

* * * * *

One in a series of Vacation Planners programmed by the Maine Department of Economic Development, available from 78 Gateway Circle, Portland, Maine 04102. Prospective visitors to Maine are interested in the "facts", and these brochures are designed with this in mind. We would appreciate receiving your comments.

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Explore Me.

The Great State of Maine
Hiking & Cycling

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HIKING & CYCLING

Hiking is one of the finest and most healthful forms of recreation and can be enjoyed by young or old, rich or poor, weak or strong. Hiking can be a comfortable slow walk down a country road or a challenging climb up one of Maine's many mountains. Maine has hundreds of miles of well marked trails where the hiker may enjoy the natural beauty that this great state has been endowed with. Spectacular mountains, rolling fields, sparkling streams, clear lakes and the rockbound coast are all awaiting the hiker.

Complete contentment overtakes the hiker as he quietly travels the wooded trails and hears the wind sighing through forest trees or the trickle of a waterfall, the call of a bird or the patter of small wildlife through the brush. Or you may want to shout, sing or whistle as you soak up that clear fresh air.

It is impossible to supply a complete list of marked trails in this brochure as there are just too many. This brochure is intended only to acquaint our visitors with the many hiking pleasures that can be found throughout Maine. When visiting a certain region of the state, contact the local Chamber of Commerce or Information Office for detailed lists and maps of hiking trails in the area.

Please remember that while hiking you should leave only your footprints behind and take away with you only memories of happy hiking.

Cycling is also a fine and healthful form of recreation and can be enjoyed by all ages. Although very few areas have designated cycle paths, there are literally hundreds of miles of beautiful country roads that can be traversed safely.

COMMON SENSE RULES FOR HAPPY HIKING

1. If possible tell someone what trail you are going on and when you expect to return.
2. Allow yourself ample time to return before dark.
3. Take a canteen of water, a flashing light, a compass, and some matches.
4. Don't go alone.
5. Walk slowly and observe the natural attractions. If you walk too fast you will miss many of the interesting aspects of the surroundings.
6. If in a group, let the slowest person set the pace.
7. Be careful with matches. If you smoke, don't smoke while walking and be sure that all ashes contain no smouldering or burning material before you continue your journey.
8. Please do not cut trees, bushes or disturb the wildlife. (Leave them for others to enjoy).
9. Don't become lost - stick to the marked trails.
10. If you should become lost, above all remain calm, do not panic. Stay put in a safe place. Remember, when lost use your head, not your feet!

GENERAL INFORMATION ON HIKING

Short hikes on well marked trails require virtually no preparations whatever. On longer trips, however, or on those that take one some distance from the base of operations ordinary preparations and precautions are in order.

An adequate appreciation of what you are undertaking is of the utmost importance in hiking. Do not undertake trips beyond your capacity. Allow ample time; above all, avoid traveling strange terrain after nightfall. Budget your time. Note the trees, flowers and bird life. With various stops, you will do well to average throughout more than two miles an hour.

On a one day trip, the clothing and equipment needed is pretty much a matter of personal preference. You will want a small pack for your lunch and rain garment. Your shoes should be well broken in, thick-soled and at least one-half size larger than street shoes. Wear one or two pair of wool hose over an old pair of silk or lisle socks.

Poisonous snakes are very uncommon in Maine; to see one is a real rarity.

It goes without saying that, as against a possible mishap, three things are indispensable: A good compass, matches or fire-making material and something in the way of emergency food. Of course you will have a map, and above all, will have studied it in advance so that you will have an accurate knowledge of the surrounding terrain and your route. A compass is useless if you haven't any idea of where you wish to go.

Mountain climbing is an integral part of hiking and should not be confused with Mountaineering (See Vacation Planner # 14) to the uninitiated, mountaineering is a sport that taxes the stamina of the climber to the utmost; a sport that should be undertaken only by those who are qualified, and where slopes are sheer and difficult should be approached only by the expert. Mountain climbing can refer even to gentle ascending slopes found on many Maine mountains. These are climbs that can be taken by whole families in ease and comfort, climbs in which no great danger lurks; climbs that open up whole new chapters in the appreciation of nature.

The person who is vacationing in Maine and who has a desire to take one or more of these easy climbs will find a wealth of opportunities. There is hardly a resort hotel or a sporting camp in the state that is not within sight of one or more of these mountains. Almost invariably well-defined trails lead to the summit. Many of these smaller mountains may be climbed and the return trip made within the space of just a few hours, a pleasant pastime to while away a morning or afternoon. Others will take a full day, allowing plenty of time for that supreme joy -- lunch on the summit.

When mountain climbing a few added precautions are necessary. Above all, do not travel alone. Many trails are rough or steep. Allow an hour per mile in climbing and double the allowance on steep climbs. It is often cold and windy on the summit so carry a sweater or extra wool shirt and allow ample time for the view from the summit.

Maine has ten mountains that are over 4,000 feet in height and a hundred that are over 3,000 feet high. Needless to say, many mountains are higher than those of Maine. However, none offer more delights to the mountain climber. Mount Katahdin, for example, is conceded to be one of the most desirable mountains in the world from a climber's point of view. Nowhere can the climber, of whatever degree of proficiency, find conditions more to his liking than in Maine.

Not the least of the rewards of climbing a Maine mountain is the panorama of vibrant, living beauty seen from the summit. The climber gets a bird's eye view of a region that is made up of verdant forests that embrace hundreds of glistening, smiling lakes, of quiet, little villages nestling in the valleys; of far-stretching farm lands basking in the sun or the Atlantic Ocean pounding against the Maine coast.

It is to be doubted if any sport furnishes better physical exercise. Every muscle in the body is brought into play. The cool, clean air that washes the mountainside contributes to give the climber a supreme sense of well-being. When the day's climb is over, he is tired, but healthfully so. He is ready for the deep, refreshing sleep that follows exercise in the out-of-doors.

PUBLICATIONS AND INFORMATION SOURCES

A.M.C. Maine Mountain Guide, published by The Appalachian Mountain Club, 5 Joy Street, Boston, Mass. 02108

A Guide to the Appalachian Trail in Maine. Appalachian Trail Conference, 1718 N., N. W., Washington 6, D. C.

Other Information and Publications about Maine:
Maine Department of Economic Development
State Office Building, Augusta, Maine 04330

Maine Publicity Bureau
78 Gateway Circle, Portland, Maine 04102

State of Maine Information Center
48 Rockefeller Plaza, New York City, N. Y. 10020

State of Maine Information Center
Laurentien Hotel, Dominion, Montreal, Canada

Other Information Centers:

Jct. of U. S. Rt. 1 & Me. Turnpike, Kittery, Maine
Bass Park, Bangor, Maine

U. S. Rt. 302, Fryeburg, Maine (summer only)

Maine Turnpike, North
Cumberland, Maine (summer only)

Internat'l Bridge, Calais, Maine (summer only)

All Local Chamber of Commerce Offices